

January is over and February is here! That means that it's been a month since you make your resolution to get healthier. Whether you have been able to stick with it or struggled to stay active, there is never a better time than NOW to make a change.

Here are 10 ways to make the most of your next month!

10. Plan your work and work your plan. Schedule out your time. Break it down into times you are at work, at home, in relaxation mode, in administrative mode, and working out. The better you have things organized the better you are able to stick to your schedule and get everything accomplished.

9. Find something that inspires you. It can be a book, a song, a movie, a note from your kids, or lived one. Find something that inspires you to be better and live a better life.

8. Create a vision board. Go through your favorite books and magazine and find the pictures that move you. Copy or cut them out and paste them on a piece of poster board. Place the board up in your office or bathroom at home so that you see it everyday. Don't be afraid to make more than one!

7. Don't stop writing your goals. When you have a new idea or new goal be sure to write it down. Just because you already have a list doesn't mean it can't be added to and changed.

6. Don't be afraid of change. Change creates the extra degree that separates good from great. Change your exercise, diet, time schedule, or sleeping patterns. Change is life giving.

5. Don't drink soda for two weeks, even diet.

4. Don't weight yourself for 2 weeks. Some people set themselves up for disappointment by weighting themselves every day or every week. Take some time between weigh-ins and you will see that the work is paying off and without all the stress from the scale.

3. When you are frustrated with the process and feel like going for the Triple Chocolate Cake, take a second and go back to the reason you began the process. It's still worth it.

2. When you succeed CELEBRATE! When you reach a goal or benchmark don't be afraid to celebrate it! Take the

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Results Testimonials

I love working out with Ian! I have never felt so strong, athletic or graceful. I love that when I started with Ian I could barely do 2 dips or 1 push up and now I can do nearly 20 of each! Unbelievable! I love working out with Ian!! Amy Mueller, Columbus, IN

Ian has done a great job of helping me achieve my fitness goals. I used to think that working with a personal trainer wouldn't make much of a difference, but I was wrong! Working with Ian enhances my motivation and I look forward to our training sessions as an opportunity for me to learn from an expert. Judith Spector, Columbus, IN

Ian is encouraging, enthusiastic, and eager to bring out the best in my health and fitness potential. As a physician, I have found there are multiple roles to play including "shrink". I give you credit for keeping my sanity and giving me that 3 P.M. rush of energy after completing an early 6:15 A.M session. I never

time to reflect and congratulate yourself for a job well done. If you don't take the time for yourself, who will?

1. Make time for exercises. Each and every day make the time to focus on your physical well-being. It could be cardio, strength, stretching, yoga, pilates, or a massage, but take the time for your body. You'll thank yourself the next day.

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Do You Have the Stubborn Fat Blues?

Every year at about this time frustrated people around the globe look in the mirror and take in the end results of their holiday eating frenzy.

Maybe your waist is larger, or your hips are wider, or maybe your New Year's resolve has fizzled.

So what do you do about the stubborn and seemingly permanent fat?

Sink into a depression?

Well, the easiest thing to do is to throw a pity party. Then before you know it your feelings of self pity begin to snowball into a full blown case of the Stubborn Fat Blues.

How do you know if you have the Stubborn Fat Blues?

- Your pants are tighter today than they were a year ago
- You've tried to lose weight only to fail.
- You feel trapped.
- You're close to giving up on yourself.

If you can relate to any of the above statements then you have the Stubborn Fat Blues - quite an unpleasant condition to have.

Fortunately, there is a cure.

It all starts with your mind. The thing about the Stubborn Fat Blues is that it affects your mind more than anything.

You see, your mental state is critical in determining your shape and size. When you focus on all of the things that you hate about your current body like the size of your thighs, the shape of your butt, or the way your belly looks then you're putting all of your energy on the negative.

thought cross training could be so "fun". Jennifer Szypchak , Asheville, NC

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See Results Quotes

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson

Create for yourself a great day today and tomorrow you will have created an opportunity.

See Results Training

February Boot Camp and TRX Class Schedules are available online at www.seeresultsfitness.com. Boot Camp and TRX are helping others to get into the best shape of their lives, come and give it a try!

See Results Links

[Runner's World](#)

[Yahoo Health News](#)

[Discovery Health Page](#)

[Food Network Healthy Eating Page](#)

The more you think about how unhappy you are, the unhappier you will become.

Makes sense, right?

So instead of wallowing, use the following techniques to conquer the Stubborn Fat Blues:

1. Take it one battle at a time.

You may have 20, 50 or 100 pounds to lose before you reach your ideal weight - and, boy, that can be overwhelming. The truth is that weight loss like that won't happen overnight - it takes months of dedication. It's no wonder so many people simply give up.

Don't worry about winning the entire war today, instead focus on conquering one battle at a time. Take it one meal at a time, and one day at a time. A healthy meal, a good workout and you've won a battle. Remember, 100 pounds is broken down into 350,000 calories. Sure, that sounds like a lot, but all you have to do is focus on burning more calories than you take in today – in the end weight loss will be inevitable.

2. Use a trigger.

How many times throughout your day do you find yourself plagued with negative thoughts? *I'm too fat. I'll never look as good as I used to. I'm not attractive.* Yikes! Thoughts like these will ruin your chance at regaining your figure - they are total momentum killers.

Here's what I want you to do. Whenever a negative thought enters your mind instantly do the following:

- Breathe out and squeeze your abs for 5 seconds – 3 times
- Throw away any junk food within arms reach
- Plan to exercise that day

Make negative thoughts a trigger to take positive action toward your goal - the results will amaze you.

3. See what you want.

If you have weight to lose, mirrors are a nightmare. Every lump and pouch seems to jump out with alarming illumination. And it doesn't help that most of us see things as worse than they really are.

When was the last time that you closed your eyes and pictured the body that you wished you had? It may sound hokey, but I'm serious. Your mind is very impressionable, and when you bombard it with only the negative then you will be stuck on that image.

Take time each day to visualize your ideal body. Close your eyes and put yourself in that ideal body – feel what it feels like to be fit and attractive. This exercise is a powerful way to fixate your mind on your goal in a way that will leave you no room for failure.

4. Get serious.

Sooner or later you will decide that you are fed up with the Stubborn Fat Blues. You will decide that your health is important. You will decide that you deserve to look great. And you will do what it takes to achieve amazing results.

The best way to ensure that your motivation stays strong - and that your goal is met - is to get on a fitness program that actually works. If you need help finding the right program for you – I can help. Together we will identify your goals, find workout programs that you enjoy and create a routine that works with your schedule. It's that simple.

Contact me today for a consultation and to learn more about the different fitness programs available to you.

Then you can say goodbye to the Stubborn Fat Blues - forever!

Sneaky Calorie Burning

What are your plans for this weekend? A great way to promote weight loss is to pack your weekends with physical activities. Weed the garden, walk the dog, plan a bike trip, or clean out the garage. The key is to keep on moving.

Fast & Healthy Fish Tacos

"Who said that fish tacos had to be fried? This refreshing recipe uses baked Cod and fresh coleslaw for that fish taco taste that is hard to beat. Need to fix dinner in a hurry? This recipe only takes 20 minutes. **Servings: 2**

Here's what you need...

- 1 pound Fresh Skinless Cod
 - 1 Tablespoon Butter
 - 1/4 teaspoon Cumin
 - 1/8 teaspoon Garlic powder
 - 1/2 cup Nonfat Plain Yogurt
 - 1 Tablespoon Apple Cider Vinegar
 - 2 Tablespoons Honey
 - 3 cups Shredded Cabbage Mix
 - 4 Whole Wheat Tortillas
 - Lime or Lemon to taste
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- Rinse fish and pat dry with paper towels. Cut fish crosswise into 3/4 inch slices. Place fish in single layer in greased shallow baking pan. Combine butter, cumin, and garlic powder. Brush over fish. Bake in a 450 degree oven for 4 to 6 minutes or until fish flakes easily when tested with a fork.
 - Combine the yogurt, vinegar and honey. Place the cabbage in a medium sized bowl. Combine the yogurt mixture with the cabbage until well blended.
 - Spoon some of the coleslaw mixture into each tortilla; add fish slices. Squeeze fresh lime or

lemon to taste. Enjoy.

Nutritional Analysis: One serving equals: 327 calories, 5g fat, 40g carbohydrate, and 26g protein.

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